

Bubbly Baked Cabbage

Makes: 8 Servings

The main ingredient is cabbage. Choose low-fat meats and poultry to serve with this dish.

Ingredients

- 6 cups** cabbage (shredded)
- 6 tablespoons** of tomato paste (about 1/2 of a 6 ounce can)
- 3/4 cup** water
- 1/4 teaspoon** salt
- 1/8 teaspoon** black pepper
- 2 teaspoons** sugar
- 1 cup** low-fat cheddar cheese (grated)
- 1/2 cup** bread crumbs
- 4 tablespoons** margarine

Directions

1. Preheat oven to 350 degrees F.
2. Fill a large pot half full of water and bring to a boil.
3. Add cabbage to the pot and cook 2 minutes. Drain cabbage and return to the pot.
4. In a separate saucepan, combine tomato paste, water, salt, black pepper, and sugar. Bring to a boil, stirring until smooth.

Nutrition Information	
Nutrients	Amount
Calories	130
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	370 mg
Total Carbohydrate	12 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	102 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

5. Pour tomato mixture over cabbage. Toss to coat. Pour into a casserole dish.

6. Top with cheddar cheese and bread crumbs. Put margarine on top.

7. Bake for 15 minutes. Serve hot.

Source: Recipe adapted from Peggy Trowbridge Filippone, Homecooking.about.com